## Monday **Tuesday** Wednesday **Thursday** Friday June 20th 9:30 Fitness w/Kojak Summer Solstice 9:00 Active Living Every Day 8:30 Tai Chi for Arthritis 10:00 Line Dancing is the meteorological start of sum-10:00 Keilia's Karats-Nutrition 11:00 DC State Chess Fed. 10:30 PRESENTATION-9:30 Pilates mer and is the longest day of the **Nutrition/Cooking Demo, Amy** 11:00 DC State Chess Fed. 12:00 PRESENTATIONyear. The amount of daylight only 10:30 ASSEMBLY MEETING Schweitzer, UDC Genealogy with the Robert F. goes down from here....for the 11:00 A Sprinkle of Gentle Yoga **Smith Family History Center** 11:30 CHSWC at "The Gathernext six months. 12:00 Chair Yoga ing" Did you know? The sun does not 1:30 Fit & Strong set at the North Pole on this day. 3:00 CHSWC Virtual Mystery 1:30 Fit & Strong There is 24 hours of sunlight. 12:00 Fitness w/Kojak Theatre 1:00 Tai Chi for Arthritis 1:00 Healthy & Powerful 3:00 Sibley Club Memory 2:00 Just Rock - Song Writing 4:00 Active Living Every Day 3:00 Zumba on Steroids 4:00 Just Rock - Voice Bingo! 3:00 4:00 Just Rock – Drums 9 10 11 8 Best Friend Day 9:30 Fitness w/Kojak 9:00 Active Living Every Day 8:30 Tai Chi for Arthritis 8:30 Tai Chi for Arthritis 9:00 Intro to Spanish with Senora Chelsea 10:00 Keilia's Karats-Nutrition 9:30 Spiritual Studies 9:30 Pilates 10:30 Keilia's Karats-Nutrition 10:00 Line Dancing 11:00 DC State Chess Fed. 11:30 CHSWC at "The Gather-11:00 DC State Chess Fed. 10:00 Enhanced Wholeness ing" 11:00 Mind My Mental with Lifestyle 10:00 Smart Tech/Social Media 12:00 PRESENTATION-My 11:30 Fitness w/Kojak Dr. William Lawson 11:30 Just Rock - Piano Medicine Cabinet, Providence Hospital/Ascension 12:30 Spiritual Studies 1:00 Healthy & 12:00 Chair Yoga 1:00 Tai Chi for Arthritis 1:00 Healthy & Powerful 1:30 Fit & Strong **Powerful** 1:30 Fit & Strong 2:00 Just Rock - Song Writing 2:00 Hegens Harvest - Plants & 2:00 Boxing 101 with Eddie J (Last Day) **Gardening Tips** 3:00 Sibley Club 2:00 CHSWC Virtual Voyages 3:00 CHSWC Virtual Memory 3:00 Zumba on Steroids **Mystery Theatre** 3:00 Cinema Time Arts Crafts 3:00 **BYOP** 4:00 Just Rock - Drums (Last 4:00 Active Living Every Day 4:00 Just Rock - Voice (Last Day) Day) 15 16 17 18 9:00 Intro to 9:00 Active Living Every Day 8:30 Tai Chi for Arthritis 8:30 Tai Chi for Arthritis 9:30 Fitness w/Kojak Spanish with 9:30 Pilates 10:00 Keilia's Karats-Nutrition 10:30 Keilia's Karats-Nutrition 9:30 Spiritual Studies Senora Chelsea 11:00 DC State Chess Fed. 10:00 Smart Tech/Social Media 11:30 CHSWC at "The Gather-10:00 Enhanced Wholeness 10:00 Line Dancing 11:30 Fitness w/Kojak 11:00 A Sprinkle of ing" Juneteenth-19th Lifestyle 12:30 Spiritual Studies 11:00 DC State Chess Fed. Gentle Yoga 11:30 Just Rock - Piano 1:00 Healthy & Powerful 12:00 DACL PRESENTS-12:00 PRESENTATION- Pav 1:00 Healthy & Powerful 2:00 FATHER'S DAY World Senior Abuse Awareness **Attention to Politics: Committee of** Day, Douglas Klein 2:00 CHSWC Virtual Voyages the Whole 1:30 Fit & Strong 12:00 Chair Yoga 3:00 3:00 CHSWC Virtual 1:00 Tai Chi for Arthritis **Mystery Theatre** 1:30 Fit & Strong 4:00 DACL PRESENTS-Metro 3:00 3:00 Sibley Club Memory 4:00 Active Living Every Day Access / Transport DC 3:00 Zumba on Steroids

21 National Selfie Day

8:30 Tai Chi for Arthritis

9:30 Spiritual Studies

10:00 Enhanced Wholeness Lifestyle

11:30 Just Rock - Piano

1:00 Healthy & Powerful

2:00 CHSWC Virtual Voyages

3:00 Black History 366



9:30 Spiritual Studies

10:00 Enhanced Wholeness Lifestyle

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9:00 Active Living Everyday 10:00 Keilia's Karats-Nutrition



11:00 DC State Chess Fed.

11:00 Mind My Mental with Dr. William Lawson

12:00 Chair Yoga 1:30 Fit & Strong

3:00 Sibley Club Memory

8:30Tai Chi for Arthritis

9:30 Pilates

10:00 Smart Tech/Social Media

11:30 Fitness w/Kojak 12:30 Spiritual Studies 1:00 Healthy & Powerful

2:00 Hegens Harvest - Plants & **Gardening Tips-**

3:00 Zumba on Steroids

4:00 PRESENTATION-Medicare Jeopardy, Darnetta Bascomb, AARP

9:00 Intro to Spanish with Senora Chelsea

10:00 Line Dancing

11:00 DC State Chess Fed.

1:30 Fit & Strong

2:00 Boxing 101 with **Eddie J** 

3:00 CHSWC Virtual **Mystery Theatre** 

4:00 Active Living Every Day

25 9:30 Fitness w/Koiak



10:30 PRESENTATION-

Nutrition/Cooking Demo, Chef Herb, UDC

11:30 CHSWC "The Gathering"

1:00 Tai Chi for Arthritis

3:00 Cinema Time-BYOP **Bring Your Own Popcorn** 

8:30 Tai Chi for Arthritis

1:00 Healthy & Powerful

2:00 CHSWC Virtual Voyages

3:00 Black History 366



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11:00 Mind My Mental with Dr. William Lawson

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11:30 Fitness w/Kojak

12:30 Spiritual Studies

1:00 Healthy & Powerful

3:00 Zumba on Steroids



- Caribbean Heritage Month
- National Fresh Fruit & Vegetable
- **National Gardening Week (1st-5th)**
- Father's Day 20th



**LGBTO Pride Month** 



Forgiveness Day-26th





## **VIDEO/AUDIO CONFERENCE**



- Zoom.us or download the Zoom app directly from **Apple Store or Playstore**
- Once download, click on "Join A Meeting"
- Enter Meeting ID 298-827-6610 *OR* No video? Join the Zoom meeting by dialing (301)715-8592 and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press \*6
- Some classes held in "Break-out Rooms"- Please click "join" to enter

## **CHSWC SOCIAL MEDIA**

Check out







CHSWC@heightsseniorty on: Or type in the search/browser box: CHSWC and #CHSWC

## **PRESENTATIONS**

- Genealogy with the Robert F. Smith Family History Center (3rd)
- Nutrition/Cooking Demo, Amy Schweitzer, UDC (4th)
- My Medicine Cabinet, Providence Hospital/ Ascension (10th)
- Metro Access / Transport DC (14th)
- **Pav Attention to Politics: Committee of the Whole** (15th)
- World Senior Abuse Awareness Day, Douglas Klein (17th)
- Medicare Jeopardy (23rd)
- Cooking Demo, Chef Herb (25th)







